

INTRODUCTION

Athletics New Brunswick's Athlete Development and Support Program (ADSP) provides a framework for assisting our athletes to reach their highest potential through a system of direct and indirect support, designed to provide training and competition opportunities to help ANB athletes compete at the highest levels. The ADSP provides organizational support, and in some cases direct financial support, to New Brunswick athletes. The ADSP is divided into four tiers – **Development**, **Performance**, **High Performance**, and **Elite**. Admittance to each tier is based on a set of performance standards and related criteria, set by the ANB High Performance Committee. Each tier of the ADSP is further divided into sub-categories based on athlete age.

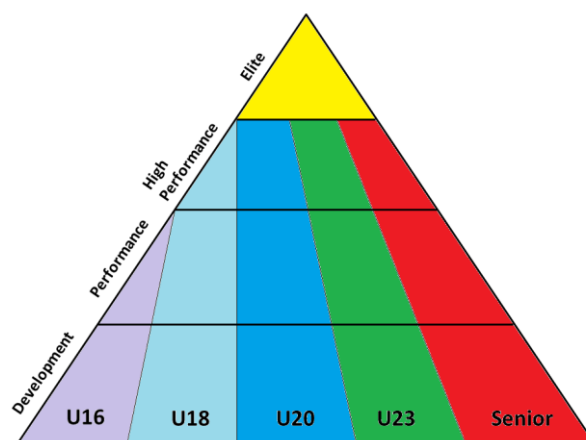


Figure 1. The basic structure of the Athlete Development and Support Program.

The ADSP is intended to align with other athlete support systems through Athletics Canada, Sport New Brunswick, and the Canadian Sport Institute Atlantic. A particular focus is helping to bring NB athletes into the Canadian Athletics Performance Pathway (CAPP), Athletics Canada's athlete pathway to Olympic and Paralympic success. The goal of the program is to help identify talent and facilitate athlete development all the way to national team selection and international competition.

BACKGROUND

Athletics New Brunswick launched the High Performance Program (HPP) in 2011 with the goals of supporting athlete development towards higher levels of performance and strengthening the provincial athlete base at the Junior and Senior levels. Similarly, ANB launched the Podium Program (PP) in 2013 with the goal of fostering athlete development at the U16 and U18 levels. In 2015, a review of the HPP and PP led to a report in which it was recommended that ANB develop a new athlete development model that would merge the HPP and PP into one overall athlete development and support program. With input from the ANB membership as well as external partners, such as Athletics Canada and the Canadian Sport Centre Atlantic, a new model was developed and launched in 2016. After four years in operation, the ADSP was updated to better serve the objectives of the program. While always subject to changes, the framework that follows is meant to remain in force until 2025 subject to available funding.

OBJECTIVES

The objectives of the ADSP are to:

- Help NB athletes reach national and international levels of competition
- Have NB athletes progress to being part of Athletics Canada's CAPP program
- Help NB athletes and coaches create training environments that lead to higher levels of performance
- Lead to more medals by NB athletes at national level competitions such as the Canadian Championships and the Jeux du Canada Games

ANNUAL FUNDING (2021-2025)

The program is primarily funded through ANB's annual operating budget. A portion of the ADSP budget is targeted on direct financial support of our top athletes in the Elite and High Performance tiers. Those in the Performance and Development tiers will receive indirect support through related ADSP programming, such as training camps or out-of-province competition trips organized by ANB. The ADSP also includes a program to assist the coaches of ADSP Elite and High Performance athletes to assist them in taking part in out-of-province training camps or competitions that their ADSP athletes will be attending.

PROGRAM STRUCTURE

The program model is based on a development pyramid broken down into four tiers, and each tier is made up of athletes who have achieved the associated performance standards or related criteria. The event standards for each tier and each sub-category are based on event-specific performance levels that represent a level of achievement that coincides with provincial, regional, national, and international levels of performance. The ultimate focus of the program is to prepare New Brunswick athletes for international competition; as such, the **Elite** tier of the pyramid is focused on those events contested at the Olympic Games, Paralympic Games, WA World Championships, and WPA World Para Athletics Championships.

The **High Performance** tier of the pyramid is based on achieving national level competition, particularly in the "Train to Compete" and "Train to Win" stages of Canada's Long Term Athlete Development (LTAD) model. The focus of this tier is on those events contested at our major Canadian Championships at the Senior, U20 and U18 levels. The **Performance** tier of the pyramid is based on achieving a level of performance wherein the athlete is among the best in the Atlantic region. This includes athletes in the "Train to Train", "Train to Compete" and "Train to Win" stages of the LTAD. Depending on the stage of development, these athletes would be likely provincial team members for U16, U18, U20, and U23 competitions as well as Senior athletes competing at a regional level or above. The **Development** tier of the pyramid is based on achieving a level of performance wherein the athlete is a potential provincial team member or shows potential for achieving future success. This includes primarily athletes in the "Train to Train" and "Train to Compete" stages of the LTAD model. This tier encompasses a wide range of events contested at the various regional and national level championships including the Royal Canadian Legion Youth Track & Field Championships and the Canada Games.

PROGRAMS

The ADSP oversees the delivery of several programs aimed at improving the training environment and competitive opportunities of NB athletes. There are six main programs run through the ADSP offering specific opportunities for athletes to access high performance training environments and high-level competitions.

Regional Training Camps. Through the ADSP budget, ANB will contribute to helping run a series of event-specific training camps in Atlantic Canada in partnership with Athletics PEI and Athletics Nova Scotia. The aim of these camps will be to bring together the best coaches and athletes from our region in each event group to share training methods and technical knowledge. The camps will be scheduled across the region to make use of the best facilities, and they will take place at various times throughout the year to best capitalize on seasonal opportunities.

Out-of-Province Training Camps. There will be at least two out-of-province training camps per year that will be organized by ANB through the ADSP. There will be a spring warm weather camp, primarily targeting the speed-power events, and an endurance-focused camp. The ADSP budget will include support for these camps. This funding will cover expenses to have coaching support at the camps as well as subsidizing overall camp expenses as necessary. There will be fees associated with attending these, and these will be prorated based on the ADSP

team an athlete is named to at the time of the camp. These camps may also be open to non-ADSP athletes depending on available spots.

Out-of-Province Competition Tours. There will be two or more out-of-province competition tours per year that will be organized by ANB through the ADSP. These may include both indoor and outdoor competitions. The aim of these trips will be to ensure that NB athletes have access to high-level competitions. The ADSP budget will help support these competition tours. This funding will cover expenses to have coaching and logistical support as well as subsidizing overall trip expenses as necessary. There will be fees associated with taking part in these tours, and these may be prorated based on the ADSP team an athlete is named to at the time of the tour. These camps may also be open to non-ADSP athletes depending on available spots.

Canadian Championships. Through the ADSP, ANB will help provide coaching and logistical support to all NB athletes who are attending the Canadian Track & Field Championships and the Canadian Cross Country Championships. The ADSP budget will help support these initiatives. This funding will help cover expenses to have coaching and logistical support in place to assist all NB athletes attending these national championships.

Athlete Support Grants. A portion of the ADSP budget is targeted on direct financial support of our top athletes in the Elite and High Performance tiers; the individual amounts received by athletes are dependent on the number of qualified athletes who apply for this support and the budget available. The qualifying athletes will be eligible to apply for funding to support various training and competition related expenses. Those in the Performance and Development tiers are not eligible for this direct financial support.

Coaching Support Fund. A portion of the ADSP budget is aimed at giving financial support to ANB coaches of athletes in the ADSP Elite and High Performance tiers. This fund will be used to provide funds to those coaches to assist them in travel and other expenses related to out-of-province competitions or training camps in which their ADSP Elite or HP athletes are taking part. Disbursements will be made based on the number of eligible applications and the assessment of the ANB high performance committee.

SELECTION PROCESS

To be considered for selection to one of the ADSP teams, an athlete must be a member of ANB in good standing. No application is required to be named to the ADSP teams; athletes will be selected based on performances appearing in the Athletics Canada national rankings database. Outdoor performances in the 100m, 200m and horizontal jumps must not have wind readings greater than +2.0 m/s, and only photo-electric timed performances will be accepted for races of 800m or less.

TIMELINES

The final ADSP teams will be named by October 15 each year based on performances up to and including September 30, and thus providing support for the coming year of training and competition.

APPLICATION FOR DIRECT FINANCIAL FUNDING

Athletes named to the Elite and High Performance teams of the ADSP are eligible to apply for direct financial assistance to support a training or competition related expense. One application per athlete will be accepted.

Coaches with athletes named to the Elite or High Performance teams of the ADSP can apply to receive financial support from the ADSP Coaching Support Fund to help cover costs related to travel for training camps or competitions that their ADSP athletes will be attending. One application per eligible coach will be accepted.

PERFORMANCE STANDARDS AND CRITERIA

The ADSP team selections are based primarily on performance standards. These standards are based on specific criteria for each team level and category. Below are the specific criteria used to determine the performance standards for each level and category in the ADSP.

Elite

Senior - The selection standard will be set as the average of 8th place in the Canadian open rankings over a 3-year period or 5% off the CAPP Talent Confirmation standard, whichever is the higher performance. In events where there is no CAPP-TC standard identified, the equivalent will be taken as the average WA points for the CAPP-TC standards in the same event group. Since there are no indoor standards in the CAPP system, the ADSP elite senior indoor standards will be set as the average of 5th place in the Canadian open indoor rankings over a 3-year period.

U23 - The selection standard will be set as the average of 8th place in the Canadian U23 rankings over a 3-year period or 10% off the CAPP-TC standard, whichever is the higher performance. In events where there is no CAPP-TC standard identified, the equivalent will be taken as the average WA points for the CAPP-TC standards in the same event group. Since there are no indoor standards in the CAPP system, the indoor standards will be set as the average of 5th place in the Canadian U23 indoor rankings over a 3-year period.

U20 - The selection standard will be set as the average of 5th place in the Canadian U20 rankings over a 3-year period. The indoor standards will be set as the average of 3rd place in the Canadian indoor rankings over a 3-year period.

U18 - There are no Elite standards for U18 athletes. If, however, a U18 athlete achieves a U20 Elite standard using U20 specifications, they will be considered for selection to the Elite team.

U16 - There are no Elite standards for the U16 team, and a U16 athlete will not be considered for Elite team selection.

High Performance

Senior - The selection standard will be set as the average of 12th place in the Canadian open rankings over a 3-year period or 10% off the CAPP-TC standard, whichever is the lower performance. In events where there is no CAPP-TC standard identified, the equivalent will be taken as the average WA points for the CAPP-TC standards in the same event group. Since there are no indoor standards in the CAPP system, the indoor standards will be set as the average of 12th place in the Canadian indoor rankings over a 3-year period.

U23 - The selection standard will be set as the average of 12th place in the Canadian U23 rankings over a 3-year period or 15% off the CAPP-TC standard, whichever is the lower performance. In events where there is no CAPP-TC standard identified, the equivalent will be taken as the average WA points for the CAPP-TC standards in the same event group. Since there are no indoor standards in the CAPP system, the indoor standards will be set as the average of 12th place in the Canadian indoor rankings over a 3-year period.

U20 - The selection standard will be set as the average of 8th place in the Canadian U20 rankings over a 3-year period. The indoor standards will be set as the average of 8th place in the Canadian indoor rankings over a 3-year period.

U18 - The selection standard will be set as the average of 8th place in the Canadian U18 rankings over a 3-year period. The indoor standards will be set as the average of 8th place in the Canadian indoor rankings over a 3-year period.

U16 - There are no High Performance standards for U16 athletes. If, however, a U16 athlete achieves a U18 HP standard using U18 specifications, they will be considered for selection to the HP team.

Performance

The selection standards for all categories, both outdoor and indoor, will be set as the average of 3rd place in the corresponding Atlantic rankings over a 3-year period for 2022, but moving to a 5-year average for 2023 using data from 2017, 2018, 2019, 2021, and 2022.

Development

The selection standards for all categories, both outdoor and indoor, will be set as the average of 2nd place in the corresponding NB rankings over a 3-year period for 2022, but moving to a 5-year average for 2023 using data from 2017, 2018, 2019, 2021, and 2022.